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NEWS WORTH SHARING.

TALL ORDER FOR RAPTOR ROOKIE

Promising Raptor rookie Bruno Caboclo looks (way) down on the action at the Americas Team Camp in Toronto on Monday. The NBA is hosting 60 of the best youth basketball players from Argentina, Brazil, Canada, Dominican Republic, Mexico and Puerto Rico at Mattamy Athletic Centre, for four days of intense basketball drills and competition directed by NBA players and coaches. Go to page 24 for more on the NBA. AARON HARRIS/TORSTAR NEWS SERVICE

Landlord forced to pay $10K

Landmark ruling. Human Rights Tribunal sided with former Crown ward; said she was denied apartment due to her age

In a rare case, the Human Rights Tribunal of Ontario has ordered a Toronto landlord pay a young woman $10,000 for denying her an apartment because she was under the age of 18.

The young woman was 17, a minor, when the complaint was filed. The ruling issued July 24 made her name anonymous, referring to her only as the random initials "A.B."

But Thaila-Paige Dixon-Eeet, now 20, agreed to be identified in the hopes that telling her story could help other young people.

"I want youth to know there's options out there and I want them to know what their rights actually are," Dixon-Eeet said Monday. "I didn't really know. I was ready to give up. I don't want any landlord to do this to anybody."

Losing the bachelor apartment at 500 Dawes Rd. meant she was forced to stay with an abusive boyfriend and drop out of high school, she said. She had been a Crown ward since she was 13 years old, had been couch-surfing and living in group homes, and was struggling to finish her studies.

Quoted

"From a subjective perspective, the applicant was one of the most vulnerable types of individuals in society."

Adjudicator Alison Renton

After leaving the boyfriend later in 2011, Dixon-Eeet became homeless again for six months before finding a place. She now has an apartment in Scarborough and is starting to work toward her high school equivalency certificate. She has dreams of becoming a tattoo artist and says she wants to take college courses in both arts and child and youth work.

Carolyn Goodman and her company Havcare Investments Inc. were ordered to pay $10,000 to Dixon-Eeet for injury to her "dignity, feelings and self-respect." At the tribunal, Goodman denied the allegations and said the apartment was not vacant, a claim the tribunal did not accept. Goodman did not respond to requests for comment on Monday. In 2011, the Toronto Children's Aid Society was financially supporting Dixon-Eeet, helping her find affordable housing and paying her rent by direct deposit. Once denied, Dixon-Eeet was advised by her case worker to seek advice from the Centre for Equality Rights in Accommodation (CERA), which dedicates itself to ending housing discrimination.

Thaila-Page Dixon-Eeet
TORSTAR NEWS SERVICE

"From a subjective perspective, the applicant was one of the most vulnerable types of individuals in society and whose odds were pretty much stacked against her," adjudicator Alison Renton wrote in her ruling.

The apartment at the heart of the hearing cost about $680 and, despite the building's notoriety — it was the subject of a sweep by Mayor Rob Ford, local Coun. Janet Davis and city staff last fall, when residents described problems with mice, broken heating, fire damage, mould, garbage and a litany of other complaints — Dixon-Eeet felt she knew the area and was desperate to escape her environment and find a stable apartment.

"When you're desperate to find a place to live and you experience discrimination, usually your No. 1 priority is finding another place to live," said lawyer Megan Evans Maxwell, who represented Dixon-Eeet at the time through CERA and now works for the Human Rights Legal Support Centre.

Goodman has 30 days from the ruling date to pay the $10,000. TORSTAR NEWS SERVICE

Politics going to pot?

Conservatives insist anti-marijuana campaign isn't an attack on Trudeau, though the Liberal leader disagrees

PAGE 8

Migrant blitz leads to racial profiling accusations

Protesters angry with province's participation in vehicle checks

PAGE 3

Fame has gone to his head

Michael Fassbender hides from the world in his latest flick, Frank, in which he dons a papier mâché costume

PAGE 17

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Province accused of racial profiling in migrant blitz

Immigration. Several people were arrested during vehicle checks last week involving the transportation ministry, OPP and Ottawa

Provincial authorities have been accused of racial profiling after they participated in a joint vehicle inspection blitz last week with border enforcement officials that targeted undocumented migrants.

"Is Premier Kathleen Wynne going to stand with the federal government's racist agenda or is she going to stand with immigrants?" asked Syed Hussan of No One Is Illegal, at a protest Monday near Queen's Park.

"People are waking up in fear across the city, across the province. They are afraid of going to work, sending their kids to school or going to the hospital because they are not sure if their cars are going to be pulled over simply because of the colour of their skin," Hussan told more than 50 protesters.

Background

Last Thursday, the Canada Border Services Agency arrested 21 individuals, mostly Latin American construction workers, for immigration violations such as overstaying their visas or not appearing for their previously scheduled removals. Some of the migrants will be deported Tuesday.

Wynne's office declined to comment but referred the Torstar News Service's inquiry to the Ministry of Transportation Ontario (MTO).

Ajay Woozageer, the ministry's spokesperson, said the MTO was "invited" to participate in the multi-agency commercial motor vehicle enforcement initiative, which included activities organized by border agents.

"The ministry's activities were focused on vehicle inspections and we were not involved in any activities related to undocumented workers," said Woozageer.

A woman takes part in the No One Is Illegal protest Monday near Queen's Park. CONTRIBUTED

Ontario Provincial Police Sgt. Pierre Chamberland could not comment on the specific blitz but confirmed that only one officer assisted in the program as a patrol officer.

Chamberland said officers are only responsible for enforcing the Highway Traffic Act during blitzes, and can't demand IDs from passengers unless they are directly involved in the violation.

However, Hussan said passengers during the Thursday raids were "coerced" into giving up their IDs and later asked to sign documents — without translations — to waive their rights for a pre-removal risk assessment to determine if it is safe for them to be deported back to their country of origin.

Hussan said his group has launched an online petition to plead Wynne not "to support (Stephen) Harper's anti-migrant agenda" and is considering filing a human-rights complaint.

TORSTAR NEWS SERVICE

Health

E-smoking ban urged in Ontario

Toronto's board of health is asking the province to impose an Ontario-wide ban on electronic cigarettes, wherever smoking is prohibited.

If the province doesn't respond by February, the city's medical officer of health, Dr. David McKeown, will likely suggest bylaws that would curb their sales in Toronto.

TORSTAR NEWS SERVICE

Dispute

Liquor licensing impasse resolved

Toronto and the Ontario government have tentatively resolved a dispute that had left new businesses with no way to get a liquor licence.

City council will decide next week whether to OK the new arrangements.

The liquor impasse began last March when the province announced it would no longer enforce municipal conditions intended to control such things as noise and rowdyism.

The city decided that if it couldn't impose conditions, it would need a letter for support from the local MPP or else it would object to each liquor application and force a time-consuming hearing.

TORSTAR NEWS SERVICE

Crime

Man charged in fatal collision

A man has been charged with careless driving after a crash west of Toronto that killed a man and a woman from Brampton.

The car carrying the couple along with two other people flipped upside down and ejected two of its occupants when it collided with a dump truck in Halton Hills on July 14.

Balvir Dhillon, 56, from Caledon, has been charged with one count of careless driving after police executed search warrants.

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5,000 views from the top of Toronto

@skyjacked793. Over 18 months, local crane operator has become a minor social media phenomenon with his rare-vantage-point pics

One of crane operator Robert MacFarlane's amazing photos, taken from his perch atop the L Tower on The Esplanade. He hit 5,000 tweeted photos and videos on Monday, a milestone as the crane approaches dismantling. COURTESY ROBERT MACFARLANE

When Robert MacFarlane shared a photo online from his workplace on a cold night of snow squalls last February, he thought it would be seen by three people.

But MacFarlane's workplace is no ordinary office — it's the top of a crane.

That's why he has shared more than 5,000 photos from his perch atop the L Tower, and amassed close to 7,000 followers on social media as @skyjacked793. The crane operator has unwittingly become the man behind one of Toronto's most viral and expansive photo albums.

On Monday, MacFarlane's media count hit the milestone of 5,000 photos and videos with an image of a gleaming sun rising above the Gardiner Expressway. The 56-year-old Scarborough father of three has become a minor social media celebrity since posting his first photo from the crane last winter.

Despite the unexpected popularity (he's turned down a number of media interviews over the last year), MacFarlane is staying humble. He jokingly calls photo No. 5,000 "nothing to write home about," and he's keeping mum on the tower's progress.

Word is that the crane is set to be dismantled some time soon as construction of the L Tower progresses. That could mean MacFarlane won't make it up to his current heights for a while.

"You only get a shot at this once," he told Torstar News Service last year. "Every day there is beauty on the lake, and little swaths of the city that will light up while everything else is in shade, and one chunk in Mississauga will be glowing in the sun. I just gotta get that picture."

Over the 18 months of photography, he's gotten a lot of unique pictures from his vantage point atop the crane. He's watched the Union Station construction progress from above. He's seen grounded photographers turn the lens on him. He's jokingly accosted men sleeping on a couch in Berczy Park. He's seen storms approach in the distance. He's watched planes fly in through the fog and cloud.

MacFarlane has even turned political on occasion, joining the #NoJetsTO movement against bringing jets to the island airport, and tweeting his desire to see #NoCondos as part of the Ontario Place revitalization.

The crane may be dismantled one day soon, but as for the photos: "Stay tuned for more," MacFarlane says.

TORSTAR NEWS SERVICE

Tory takes TTC proposals to task

Mayoral candidates Olivia Chow, David Soknacki and Karen Stintz applaud the TTC's proposals for improved bus and streetcar service, but John Tory says the TTC is irresponsible for introducing an expensive package of policies without a funding plan.

The nine improvements, to be considered by the TTC board Tuesday, would reduce wait times and overcrowding, expand the network of express buses and reverse cuts to night and weekend service. But they come with a cost: $288 million in capital purchases between 2015 and 2019, plus $65 million per year in operating expenses as of 2018.

Tory noted that he has himself proposed some of the options on the list, but he criticized the TTC for not explaining how to cover the bill.

From left, Olivia Chow, David Soknacki, John Tory and Karen Stintz participate at a mayoral debate on July 28. CARLOS OSORIO/TORSTAR NEWS

"I just think you can't run big organizations that way, whether it be the TTC or the government," he said. "We can't any more. Where you have reports that are put forward talking about things that could be done, with a big price tag, but with no idea whatsoever as to how they're going to be paid for."

Stintz, the former chair of the TTC, said the report is standard: The TTC sets priorities, and council then decides if and how to fund them.

"It's what we do all the time," she said. "Again, if John Tory knew council a bit better, he would understand this is exactly how things get done here."

Chow said improving bus service is the only way to ease commutes quickly for a "very modest" cost. Tory and incumbent Rob Ford, she said, have only long-term "schemes that require millions and millions — actually billions — of dollars."

Chow spokesman Jamey Heath later clarified that the candidate does not necessarily support each of the proposals. He said she is not endorsing the most costly proposed change: two-hour "time-based transfers," which would mean an estimated $20 million a year in lost fares.

Ford said he supports most of the proposals. He said he opposes both time-based transfers and rear-door, proof-of-payment streetcar boarding.

TORSTAR NEWS SERVICE

Planned LRT platforms 'dangerous': Blind lawyer

Blind lawyer David Lepofsky makes his way on the centre platform of the subway at York Mills on Monday. BERNARD WEIL/TORONTO STAR

Centre platforms sit between tracks. More than 100,000 people with severe vision loss rely on TTC: CNIB

David Lepofsky prefers his back to the wall over his feet on the edge.

The blind Toronto lawyer, who 20 years ago launched a landmark human rights case against the TTC, forcing it to implement stop announcements on its vehicles, is at it again.

This time he's taking the fight to Metrolinx over construction of the $5.3-billion Eglinton Crosstown light rail line.

The issue is the transit agency's decision to build centre-loading platforms in all 12 of the new LRT line's underground stations.

Centre platforms, which sit between the tracks, are dangerous and less accessible to passengers with vision loss than side platforms that have a wall at the back, Lepovsky said.

"With centre platforms, you don't know where you are on the platform and it's a drop off either side."

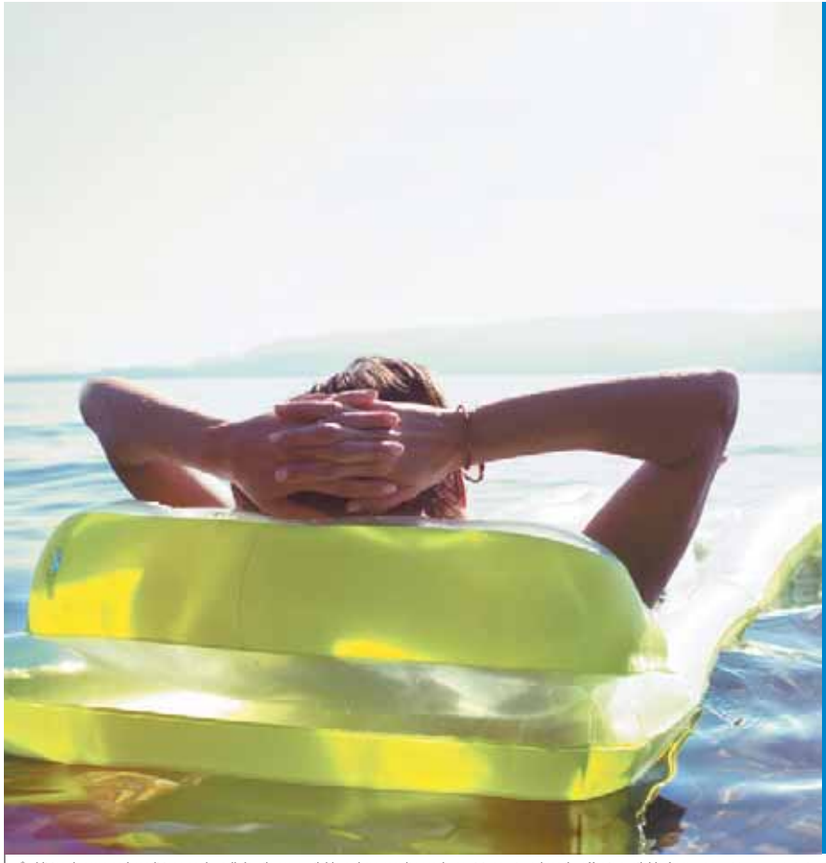
"The decision to provide centre platforms in the tunneled sections of the Eglinton Crosstown LRT had been made a number of years ago, for a variety of reasons," Metrolinx president and CEO Bruce McCuaig wrote in a letter provided to Torstar News Service. "This design has been incorporated in subsequent procurement documents and cannot be altered at this time."

That 'variety of reasons,' according to Metrolinx spokesperson Jamie Robinson, includes lower construction costs and, ironically, better "accessibility."

All Toronto subway stations use textured tiles at the platform edge to warn passengers of the dangers of falling over or being hit by an incoming train.

But those common yellow warning strips are no more than a single stride deep for Lepofsky and are easily skipped over with his cane.

TORSTAR NEWS SERVICE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Cost of fire, police unsustainable, AMO president says

The president of the Association of Municipalities of Ontario says the cost of first responders — fire and police — in the province is not sustainable.

"We need to rethink how we deliver policing," Russ Powers said Monday in a speech to 1,500 delegates at the AMO's annual conference in London, Ont.

"When it comes to wage and benefit increases, police and fire are in a class of their own ... and it is not sustainable."

Among other things, the AMO president pointed a finger of blame at arbitration awards, saying it is about time to "restore confidence" in the arbitration system. Municipalities often complain that rich arbitration awards are unaffordable.

His remarks follow last week's announcement by the Ministry of Community Safety and the Ontario Provincial Police that a new billing model is to be introduced that is designed to better distribute the cost of policing in those communities without their own police departments.

"The new model will provide a fairer, more transparent cost recovery process by ensuring that all municipalities pay their fair share of the base cost of policing," OPP Inspector Bert McDonald, OPP Municipal Policing Unit, told reporters.

TORSTAR NEWS SERVICE

Budget

Earlier this year, Toronto police reached a four-year, tentative agreement calling for a cumulative 11.5-per-cent salary increase.

Russ Powers, AMO president. BERNARD WEIL/TORONTO STAR

Teen may have had hands up when shot: Pathologist

Michael Brown. The unarmed 18-year-old was shot between six and eight times

An unarmed black teenager fatally shot by police suffered a bullet wound to his right arm that may have occurred when he put his hands up or when his back was turned to the shooter, "but we don't know," a pathologist hired by the teen's family said Monday.

An independent autopsy conducted on 18-year-old Michael Brown determined that the teen was shot at least six times, including twice in the head, according to the pathologists and the family's attorneys. Another autopsy conducted by St. Louis County also found Brown was shot six to eight times and that he was hit in the head and chest.

The Aug. 9 shooting touched off rancorous protests in Ferguson, a St. Louis suburb where police have used riot gear and tear gas. Gov. Jay Nixon ordered the National Guard to Ferguson to restore order Monday, while lifting a midnight-to-5 a.m. curfew that had been in place for two days.

Brown's death heightened racial tensions between the predominantly black community and the mostly white Ferguson Police Department. Civil-rights activists have compared the shooting to other racially charged cases, especially the 2012 death of Trayvon Martin, the unarmed black teenager shot by a Florida neighbourhood-watch organizer who was later acquitted of murder. Both cases have fuelled nationwide debates on the treatment of young black men in America.

Police have said little about the encounter between Brown and the white officer, except to say that it involved a scuffle in which the officer was injured and Brown was shot. Witnesses say the teenager had his hands in the air as the officer fired multiple rounds.

Family attorney Benjamin Crump said the family wanted the additional autopsy because they feared results of the county's examination could be biased.

"They could not trust what was going to be put in the reports about the tragic execution of their child," he said during Monday's news conference with forensic pathologist Shawn Parcells and former New York City chief medical examiner Dr. Michael Baden. "It verifies that the witness accounts were true: that he was shot multiple times."

He said Brown's mother "had the question any mother would have: Was my child in pain? Dr. Baden shared with her, in his opinion, he did not suffer." He also noted that Brown had abrasions on his face from where he fell to the ground, but "otherwise no evidence of a struggle."

Baden said there was no gunpowder residue on Brown's body, indicating he was not shot at close range. However, Baden said he did not have access to Brown's clothing and that it was possible the residue could be on the clothing.

A grand jury could begin hearing evidence Wednesday to determine whether the officer, Darren Wilson, should be charged in Brown's death.

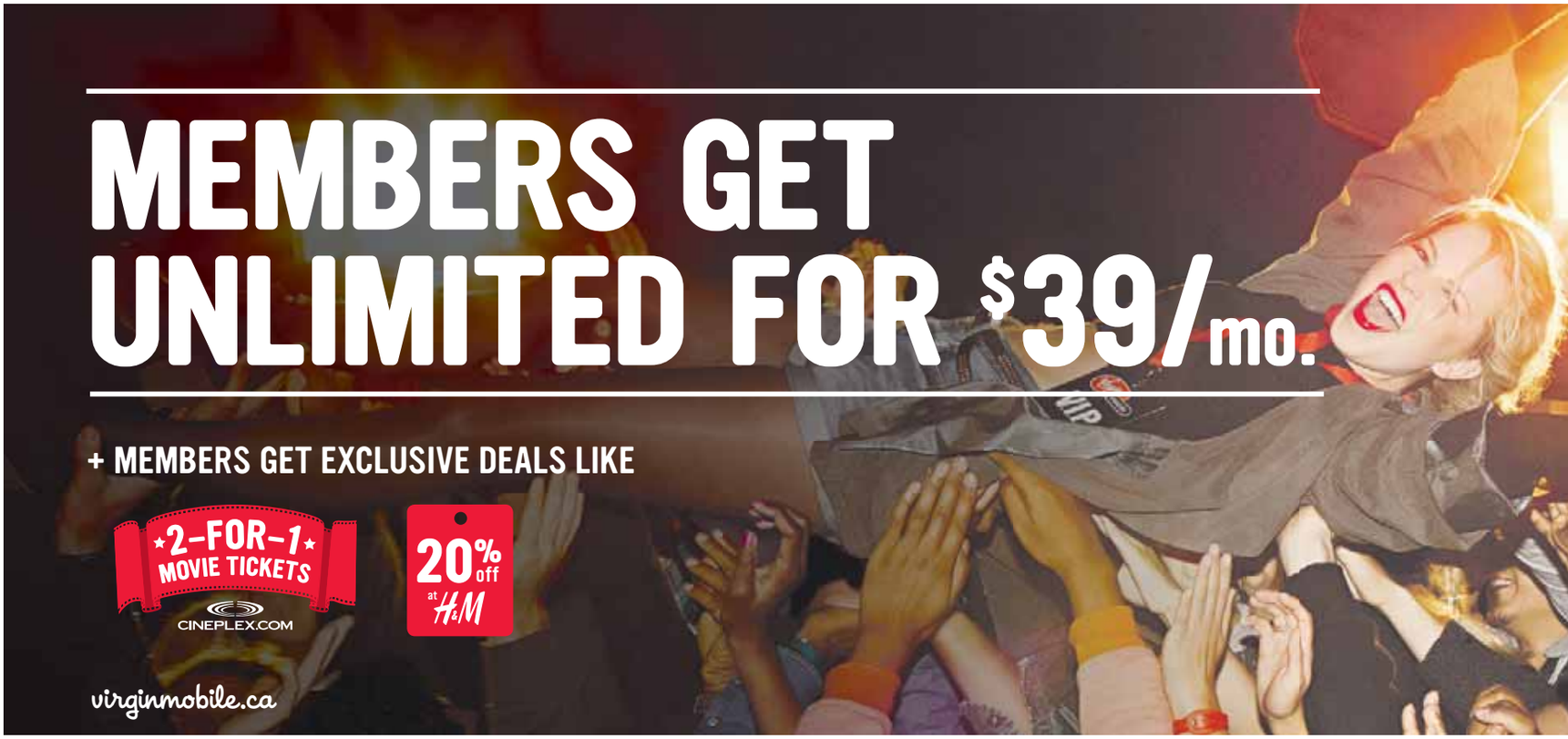
U.S. Attorney General Eric Holder has ordered a federal medical examiner to perform another autopsy.

THE ASSOCIATED PRESS

Two autopsies

- Forensic pathologist Shawn Parcells, who assisted former New York City chief medical examiner Dr. Michael Baden during the independent autopsy, said a graze wound on Brown's right arm could have occurred in several ways. The teen may have had his back to the shooter, or he could have been facing the shooter with his hands above his head or in a defensive position in front of his face.
- The pathologists said Brown, who was also shot four times in the right arm, could have survived the other bullet wounds.

Dr. Michael Baden points to an Daryl Parks look on during a press



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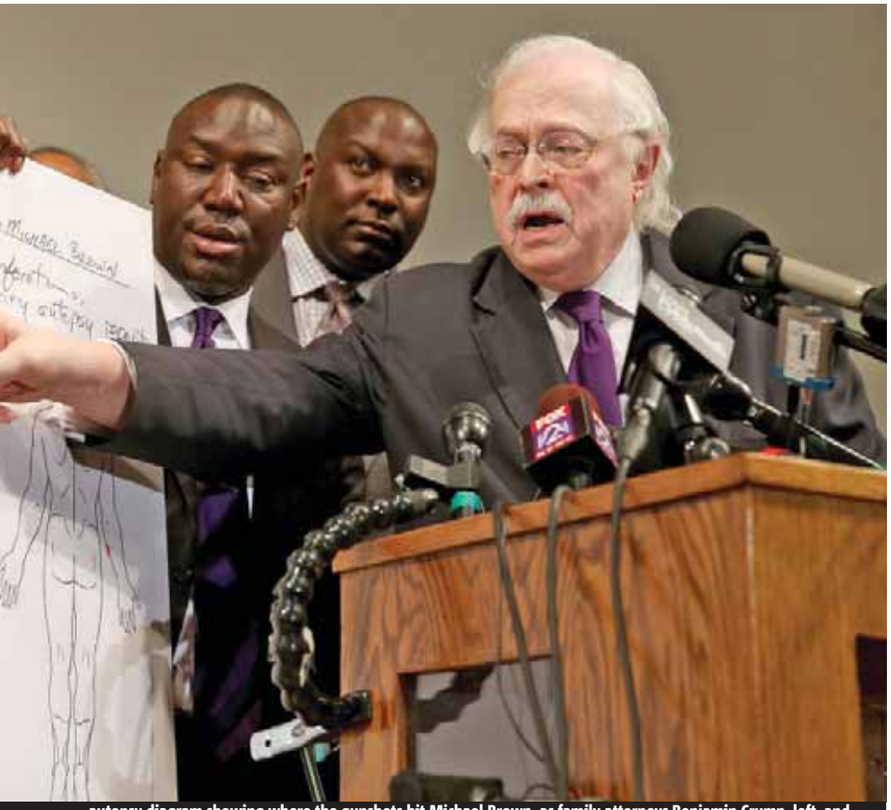

autopsy diagram showing where the gunshots hit Michael Brown, as family attorneys Benjamin Crump, left, and conference on Monday at the Greater St. Mark's Family Church in Ferguson, Mo. JOE RAEDLE/GETTY IMAGES

Avoiding accidents

U.S. administration endorses car-talk technology

The Obama administration said Monday it is taking a first step toward requiring that future cars and light trucks be equipped with technology that enables them to warn each other of potential danger in time to avoid collisions.

A research report released by the National Highway Traffic Safety Administration estimates that the technology could eventually prevent 592,000 left-turn and intersection crashes a year, saving 1,083 lives. The agency said it will begin drafting rules to require the technology in new vehicles.

The technology uses a radio signal to continually transmit a vehicle's position, heading, speed and other information. Similarly equipped cars and trucks would receive the same information, and their computers would alert drivers to an impending collision. THE ASSOCIATED PRESS

San Francisco airport

No charges for man accused of posing as TSA worker

Prosecutors say no criminal charges will be filed against a man accused of posing as a Transportation Security Administration agent and privately screening two women at the San Francisco International Airport.

San Mateo County District Attorney Steve Wagstaffe said Friday that the San Francisco man will not face charges in the alleged incident on July 15.

Wagstaffe says it's illegal to impersonate a police officer but not to impersonate a TSA agent.

He says his office opted not to file charges because investigators have not been able to track down the two women and have not found surveillance footage of the incident.

The 53-year-old man was arrested at a security checkpoint in the airport's international terminal after bringing two women into a screening room.
THE ASSOCIATED PRESS

Paris

Armed robbers ambush Saudi prince's convoy

Armed robbers ambushed a car in a Saudi prince's diplomatic convoy on its way to a Paris airport commonly used for private jets, raiding the Mercedes for valuables, then torching and abandoning the vehicle, police and prosecutors said Monday.

Five to eight assailants flashed handguns but fired no shots in the Sunday night attack, the Paris prosecutor's office said. No injuries or arrests were reported.

Rocco Contento of the SGP Paris police union said on BFM television that the car had 250,000 euros in cash and official embassy documents, and that the assailants were well-informed about the car's itinerary.

The Paris prosecutor's office said the Mercedes carried "things of value" but would not confirm the theft of cash or documents.
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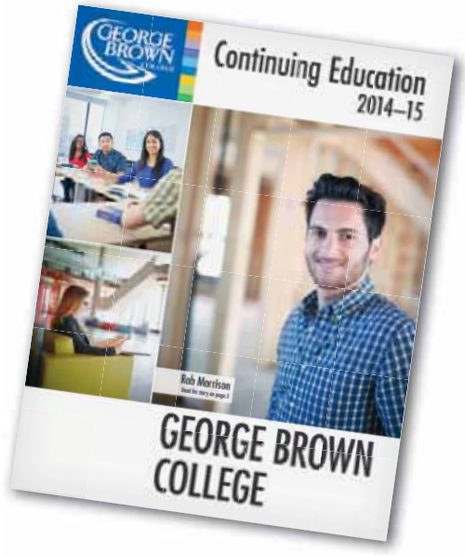

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Health minister says marijuana campaign 'not a partisan attack'

Playing pot politics?
Ambrose says proposal is 'sound public health policy,' not an attack on Justin Trudeau's stance on legalization

Health Minister Rona Ambrose delivers remarks to the 147th General Council of the Canadian Medical Association in Ottawa on Monday. Ambrose has denied that the federal government's proposed marijuana awareness campaign is aimed at Liberal Leader Justin Trudeau. SEAN KILPATRICK/THE CANADIAN PRESS

Health Minister Rona Ambrose is denying that the federal government's proposed marijuana awareness campaign is aimed at Justin Trudeau.

"Telling kids to not smoke pot is not a partisan attack on Justin Trudeau by Health Canada," Ambrose told a news conference Monday on the sidelines of the annual Canadian Medical Association meeting.

"It is a sound public health policy backed by science. Whether pot is legal or illegal, the health risks of marijuana to youth remain the same, and we should all be concerned about them."

It was Trudeau who "made this a political issue," Ambrose said, noting the CMA itself had asked for a marijuana awareness campaign, and Ottawa simply responded to that call.

The Liberal leader lashed out at Conservatives last week over reports that Health Canada has approached three doctors' groups to sign on to an anti-pot advertising campaign directed at youth.

All three — the CMA, the College of Family Physicians of Canada and the Royal College of Physicians and Surgeons of Canada — have declined to participate, saying the campaign has become a "political football."

Trudeau has suggested the Health Canada move was meant as an attack on his support for legalizing marijuana. The proposed campaign came on the heels of several Conservative cabinet ministers, including Peter MacKay and Julian Fantino, publicly maligning Trudeau's stance.

"We know that Canadian taxpayers are getting extremely frustrated with the fact this government tends to use public money for ads that do more for its partisan aims than for actual public service," Trudeau said.

THE CANADIAN PRESS

Medical marijuana

Doctors shouldn't be 'pressured to prescribe'

Rona Ambrose also weighed in Monday on medical marijuana, saying Canada's doctors should not feel pressured into prescribing it.

"The majority of the physician community do not want to prescribe it," she said. "They don't want to be put in a situation where they're pressured to prescribe it and I encourage them to not prescribe it if they're not comfortable with it."

Cyber-insecurity. Study: Many Canadian companies know they've been hacked

More than one-third of Canada's IT professionals know — for sure — that they had a significant data breach over the previous 12 months that could put their clients or their organizations at risk, a cybersecurity study suggests.

And as startling as that statistic may be, the actual number of breaches could be higher, since the same international study found 56 per cent of the 236 Canadian respondents said they believed threats sometimes fall through the cracks.

"Even the best-protected networks have regular security incidents," says Jeff Debrosse, director of security research for Websense, a U.S.-based security company that commissioned the study. THE CANADIAN PRESS

Quoted

"It's a 24-7 onslaught. It's a barrage of attacks and attempts to penetrate the defences."

Jeff Debrosse, director of security research at U.S.-based security company Websense

Medicine. Health Canada changing labels on opioid painkillers to stress risks

Health Canada has changed the labelling for controlled-release opioids in a bid to make clear the risks and safety concerns of the pain medications.

The department says the new labelling spells out more clearly the potential problems related to the drugs and to encourage more appropriate prescription of the medication.

The new labelling drops reference to use of the drugs for moderate pain, stressing that they are meant to be prescribed for pain severe enough to require daily and continuous opioid treatment.

An Ontario study released earlier this summer found that fatal overdoses from drugs such as oxycodone and morphine have soared over the past two decades as use of the addictive and highly potent painkillers has expanded.

Health Canada says that while the drugs provide effective pain management, they can induce serious health risks, and says the label changes are an attempt to reduce these risks. THE CANADIAN PRESS

Rivals say Hamas shot activists who defied house arrest

Gaza. Unclear exactly how many Fatah members were hit; shooting victim calls for Palestinian unity

Quoted

"Our guns must be used only against the occupation (Israel).... What happened will not change my belief in unity."

Sami Abu Lasheen, who says he was shot after being ordered to stay indoors

Gaza's ruling Hamas faction placed dozens of activists from Fatah, their political rivals, under house arrest during the Gaza war and shot several in the legs for not staying indoors, Fatah officials said Monday.

Hamas gunmen ordered numerous Fatah activists to stay in their homes for the duration of the fighting, said two spokesmen, Ahmed Assaf in the West Bank and Hassan Ahmed in Gaza.

Assaf said some of those who Hamas believed had ignored those orders were shot, although he said the exact number of victims is unknown.

Sami Abu Lasheen, 40, said Hamas activists ordered him at the beginning of the war to stay in his home. After that initial order, he said he sat outside his house from time to time.

"On July 28, masked gunmen came while I was sitting in the yard of my house," he said. "They told me to stand up and they shot me in the legs."

Abu Lasheen suffered multiple leg fractures that will require several months to heal.

Fatah's claims mark the first concrete sign of a Hamas crackdown on domestic dissent during the Israeli-Palestinian conflict.

Hamas spokesman Fawzi Barhoum denied the group put Fatah activists under house arrest, suggesting some Hamas activists might have acted on their own. Barhoum did not address the shooting allegations.

Despite his injuries, Abu Lasheen still wishes for unity.

"Our guns must be used only against the occupation (Israel)," he said. "What happened will not change my belief in unity."

THE ASSOCIATED PRESS

Liberia searches for missing Ebola patients

Health workers equipped with Ebola virus prevention gear at an Ebola treatment centre in the city of Monrovia, Liberia. Liberia's armed forces were given orders to shoot people trying to illegally cross the border from neighbouring Sierra Leone, which is closed to stem the spread of Ebola. Seventeen fled from a ransacked Ebola medical centre on Monday and are still unaccounted for. ABBAS DULLEH/THE ASSOCIATED PRESS

Survivor Rupinder Kang with her daughter Mahnisha

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Oilpatch leads Canada with highest pay hikes: Survey

Canada Compensation Planning Survey.
Consulting firm Mercer says average base salary is expected to increase three per cent next year

For the biggest pay hikes in Canada, look no further than the oilpatch.

The energy sector continues to lead the country in both actual and projected salary increases, according to survey released Monday by global consulting firm Mercer.

The average base salary increase across the country is expected to be three per cent next year, the same as in 2014.

But in the energy sector, the pay bump is forecast at 3.7 per cent in 2015 after an actual 3.9 per cent increase this year.

Mercer has conducted its Canada Compensation Planning Survey for more than two decades, compiling responses from nearly 700 organizations across Canada.

For the past five years, the trends have been stable both at a national level and amongst different industries, Mercer's Allison Griffiths said.

"Companies just, in general, are feeling more stable and more confident about their outlooks," she said.

When the energy sector is removed from the mix, the national average projected salary increase drops to 2.9 per cent. That effect is more pronounced in energy-rich Alberta and Saskatchewan.

On the other end of the spectrum, the transportation, equipment, consumer goods and retail/wholesale industries are expected to see the smallest salary increases at around 2.6 or 2.7 per cent.

While base salary is an important component in attracting and retaining talent, it's important to make sure employees understand in other ways that they're valued, she said.

Another important aspect is making sure employees are aware of opportunities for advancement within their organization. With the economic outlook stabilizing, companies are becoming more focused on putting so-called "career frameworks" in place.

Demographics also has a lot to do with it, said Griffiths.

"The younger generation definitely wants to know more and wants more transparency around their career potential."

THE CANADIAN PRESS

Indian youth celebrate Janamashtami festival

Indian youth make a human pyramid to reach and break the "Dahi Handi," an earthen pot filled with yogurt,as they celebrate Janamashtami on Monday in Mumbai, India. Janmashtami is the festival that marks the birth of Hindu god Krishna. RAFIQ MAQBOOL/THE ASSOCIATED PRESS

Three-city trip in future? Pope hopes to visit U.S.

Pope Francis has confirmed he wants to go to the United States next year and is considering a three-city trip in September 2015: Philadelphia for a family rally, Washington to address Congress and New York to speak at the United Nations.

Francis said there was a proposal to tag Mexico onto the trip so he could visit the Madonna of Guadalupe shrine beloved by Mexican Catholics, "but it's not sure."

Francis made the comments Monday while returning from South Korea.

Asked about his 2015 travel plans, he said: "Next year I'd like to go to Philadelphia for the family meeting. I was invited by the president of the United States, by the American parliament and the secretary-general of the United Nations."

THE ASSOCIATED PRESS

WikiLeaks. Assange may leave embassy protection

WikiLeaks founder Julian Assange sowed confusion Monday with an announcement that appeared to indicate he was leaving his embassy bolt hole, but his spokesman later clarified that that would not happen unless the impasse over his extradition is resolved.

Assange made the comments during a press conference at the Ecuadorean Embassy in London after a meeting with Ricardo Patino, the Latin American nation's foreign minister.

Kristinn Hrafnsson, the WikiLeaks spokesman said that what Assange meant to convey was that he was ready to leave the embassy as soon as the British government gave him the guarantees he was seeking, namely the right to travel freely to Ecuador where he has asylum. THE ASSOCIATED PRESS

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Critters of the night

Mayor takes issue with raccoons

Mayor Rob Ford is making it clear he's no fan of Toronto's increasingly aggressive raccoons.

Ford — who has come to be known for his colourful statements on camera — says he's had some "standoffs" with raccoons outside his home, and that his children and wife refuse to take out the trash because they're scared of the animals.

He says "you could yell and scream at them but they just look at you."

The mayor insisted the issue was a serious one. He says he doesn't have the answer to the problem, but that it needs to be addressed.

THE CANADIAN PRESS

Prepaid phone cards

Bell Mobility faces $100M lawsuit

More than a million people could be involved in a multi-million-dollar class-action lawsuit by phone card customers against Bell Mobility.

The lawsuit began with a dispute over the expiry of a Virgin prepaid card with a balance of about $58.60, belonging to Celia Sankar of Elliott Lake in 2011. Sankar alleges Bell should not have "seized" money remaining on her card after its expiry date.

She is seeking $100 million in general damages for herself and fellow complainants, $10 million in punitive damages and an order restraining the corporation from continuing its prepaid card practices.

TORSTAR NEWS SERVICE

Hao Lin stands by to give riders directions at the platform the TTC opened Monday. BERNARD WEIL/TORSTAR NEWS SERVICE

'Spacious,' riders say of new Union platform

First impressions. Split platforms welcomed, but many wonder how long before clean, bright look turns grimy

There's nothing quite like that "new platform" smell.

A brand new section of Union Station greeted subway riders Monday morning, layered with white and grey tiles that, at least for now, look spiffy and clean.

Instead of TTC riders boarding both directions from a central platform, the Yonge and the University lines now have separate platforms. It gives Canada's busiest transportation hub a little more breathing space, and is a big milestone for the $795-million renovation project that includes upgraded platforms for GO trains, VIA Rail, and the new Union Pearson Express.

Torstar News Service asked riders their first impressions of the new subway space and how worried were they about finding the right platform.

"It looks good," said Samir Azmat, who comes through Union daily. "The directions are clear, it's more spacious ... For the first time it'll always be difficult, but once you go through that, it shouldn't be an issue. And things are clearly marked."

Jennifer Fan, who comes through Union once a week, wonders how long before it gets dirty. "It's nice, but it's just open today, so we don't know how dirty it will get after. I like the grey; it's OK. It's nice and spacious.

"Before when it was just one platform, I'd run downstairs and say, 'There's a train!' and I'd just go grab it. But after, I'd realize I was on the wrong side. So this might actually alleviate that. Hopefully it'll be better, less pushing. Well, OK, there's never going to be less pushing, but a bit more space between other bodies."

Eric Yerro, who comes through Union occasionally, said it "looks clean, spacious ... It's a good-looking station ... there's a lot of white, though. It could get dirty."

Marnie MacCallum, who doesn't normally use Union but came just to see the new platform, called it "awesome. Very bright, very clean."

TORSTAR NEWS SERVICE

Quoted

"It's a good-looking station ... there's a lot of white, though — it could get dirty."

Eric Yerro

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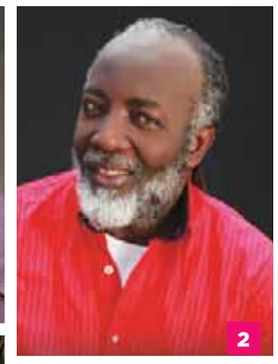

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Trudeau says Liberals are 'doing the right kind of work' ahead of election

2015 election. Liberal leader says he prefers to trust in the response from voters, rather than polls

Justin Trudeau doesn't put much stock in public opinion surveys that suggest the federal Liberal party vaulted into the lead once he took the helm 16 months ago and has stayed on top ever since.

"Polls don't mean anything, as we all know and as we all say," he said in an interview.

As he heads into a crucial year of non-stop campaigning before the next scheduled election, Trudeau prefers to rely on what he considers more reliable indicators that tell him the Liberals are on the right track to resume their title as the country's natural governing party.

The enthusiastic response of Canadians everywhere he goes, the party's unrivalled success in a series of byelections, and the dramatic improvement in party membership and fundraising numbers.

"All those things together, plus the extraordinary candidates that we're drawing to us across the country, give us a sense that … we're doing the right kind of work to earn Canadians' trust," he told The Canadian Press.

But just as between-election poll numbers can evaporate by election day, Trudeau acknowledges the even more tangible signs of momentum won't necessarily translate into victory a year from now.

Trudeau has already scored some success on team building, recruiting some impressive candidates whose intellectual heft and breadth of experience are intended to dispel any qualms about his own suitability to be prime minister.

Over the past year, Trudeau has sketched out his priorities: post-secondary education and training; investments in infrastructure; innovation and research; making Parliament more open, transparent and democratic; and empowering backbench MPs. But despite criticism that he's put little flesh on those bare bones, he said he won't be rushed into spelling out platform details a year ahead of an election and intends to continue consulting with experts and average Canadians.

Trudeau has been the focus of aggressive Tory attack ads from the moment he became leader, all designed to persuade Canadians that he is "in over his head."

Over the summer, Conservative ministers have continued the barrage.

They've gone after Trudeau's support for legalization of marijuana, accusing him of promoting marijuana use to elementary school children. And they've insinuated that he courted the votes of potential terrorists by visiting a mosque in his riding.

He said he doesn't worry about the personal attacks and won't respond in kind. Indeed, he believes the Tory tactic is backfiring.

"I guess I would be despairing if it wasn't for the fact that everywhere I go, just about everyone I talk to is tiring of this approach by the Conservatives." THE CANADIAN PRESS

Liberal leader Justin Trudeau during a news conference in Ottawa on June 11, 2014. ADRIAN WYLD/THE CANADIAN PRESS

Break-in at Trudeau home

A Conservative MP has apologized for using news of a break-in at Justin Trudeau's house as a chance to take a partisan poke at him.

- Yukon MP Ryan Leef says he's written a personal note to Trudeau, apologizing for his inappropriate response to the break-in, which occurred Saturday morning while Trudeau's wife and three young children were asleep.

St. John's. O'Regan seeks Liberal bid

Seamus O'Regan

Former broadcast journalist Seamus O'Regan is seeking the federal Liberal nomination in the Newfoundland riding of St. John's South-Mount Pearl.

O'Regan, originally from St. John's, hosted CTV's Canada AM for nearly 10 years and later was a national correspondent for the network.

Before his career in journalism, O'Regan was a senior policy adviser to then-premier Brian Tobin.

The 43-year-old O'Regan is executive vice-president for communications at the Stronach Group, a racetrack operator, and a media innovator in residence at Ryerson University. The riding is currently held by NDP MP Ryan Cleary. THE CANADIAN PRESS

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Astronauts launch busy nanosatellite

ISS releases probe. Camera-equipped Peruvian device will be able to gauge Earth's temperature and pressure

Russian astronauts release a Peruvian satellite from the International Space Station. NASA/THE ASSOCIATED PRESS

Spacewalking astronauts launched a tiny Peruvian research satellite Monday on a mission to observe the Earth.

Russian Oleg Artemiev cast the 10.1-centimetre box off with his gloved right hand from the International Space Station.

"One, two, three," someone called out in Russian as Artemiev let go of the satellite.

Cameras watched as the nanosatellite — named Chasqui after the Inca messengers who were fleet of foot — increased its distance and grew smaller. Artemiev's Russian spacewalking partner, Alexander Skvortsov, tried to keep his helmet camera aimed at it as it floated away.

Weighing less than a kilogram, the satellite is designed to measure temperature and pressure, and has cameras that will photograph the Earth. THE ASSOCIATED PRESS

Alabama family catches massive 15-foot alligator

A monster alligator weighing 1011.5 pounds and measuring 15-feet long is pictured in Thomaston, Ala. Mandy Stokes and her husband John Stokes (shown at right) caught the alligator in the Alabama River near Camden, Ala. Alabama Wildlife and Freshwater Fisheries biologists were able to measure the large lizard, but it proved difficult as the large gator broke the winch assembly used to hoist it up. Instead, biologists used a backhoe to lift and transport the larger alligator. SHARON STEINMANN/THE ASSOCIATED PRESS

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McDonald's: Not cheap, unhealthy food, but...

'Good food served fast'. Restaurant chain woos reporters, bloggers — i.e. 'influencers' — to help restore its image

At a dinner McDonald's hosted for reporters and bloggers, waiters served cuisine prepared by celebrity chefs using ingredients from the chain's menu.

A Kung Pao chicken appetizer was made with Chicken McNuggets doused in sweet and sour sauce and garnished with parsley. Slow-cooked beef was served with gnocchi fashioned out of McDonald's french fries and a fruit sauce from its smoothie mix. For dessert, its biscuit mix was used to make a pumpkin spice "biznut."

The event, held in New York City, was billed "A transforming dining experience of 'fast food' to 'good food served fast.'"

The dishes aren't intended for McDonald's restaurants. Instead, the evening is part of a campaign by McDonald's to shake its reputation for serving cheap, unhealthy food. At a time when Americans are playing closer attention to what they eat, the company is trying to sway public opinion by first reaching out to the reporters, bloggers and other so-called "influencers" who write and speak about McDonald's.

It's just one way McDonald's is trying to change its image. In the past 18 months, the chain has introduced the option to substitute egg whites in breakfast sandwiches and rolled out chicken wraps as its first menu item with cucumbers.

THE ASSOCIATED PRESS

Staff members prepare a dinner hosted by McDonald's for reporters, in New York in 2013. THE ASSOCIATED PRESS

Former Apple Specialist

Sam Sung's card nets almost $3K

Sam Sung INSTAGRAM: AYESAMSUNG

When the eBay auction closed for Sam Sung's Apple store business card the winning bid hit $2,894.

The former Apple employee has auctioned off his framed business card, T-shirt and name tag, with all the proceeds from the sale going to the B.C. and Yukon chapters of the Children's Wish Foundation.

The former Apple Specialist, who worked at Vancouver's Pacific Centre store, became an Internet sensation in October 2012 when a photo of his business card was posted online during the time Samsung and Apple's lawsuit over patents spilled over into the public eye.

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2 in 3 think they can repay student loans in five years

CIBC survey. Bank executive VP applauds students' intentions, but says they may not be realistic

Getting a post-secondary degree can be an expensive endeavour, but a recent survey suggests that most students believe they'll be on track to pay off their student loans within five years of graduating.

The poll from CIBC found that about half of post-secondary students said they would need to borrow money to pay for tuition, living expenses and books.

Although about a quarter expected to owe less than $10,000 by the time they graduate, almost three quarters expected to owe more than $10,000, including 40 per cent who said they'd likely be on the hook for $25,000 or more.

The Canadian Federation of Students says students in Ontario and the Maritimes have debt loads averaging $28,000 at graduation, the highest in the country. Yet despite the predictions of big debt, most students remain optimistic about their ability to eliminate it.

Sixty-six per cent surveyed believed they'd be able to pay down their debt within five years or less, while 34 per cent expected it would take them more than six years.

"While their intentions are admirable, they may not be realistic," said Christina Kramer, executive vice-president of retail and business banking at CIBC.

"As students graduate and look to start their careers, they will likely be moving out on their own, saving for a car or a down payment on a home, or even starting a family."

THE CANADIAN PRESS

Dreams by geography

Another survey, by the Bank of Montreal, found regional differences between where students lived and how much they expected to spend.

- Those who live in Alberta expected to spend the most on back-to-school purchases with an average amount of $1,236, followed by Ontario students with $1,204. Those in Saskatchewan and Manitoba expected to spend a combined average of $857.

Celebrity judges pick finalists for Duelling Doughnuts contest

The Big Canadian Red doughnut, pictured above, created by Nikola Kostic of Toronto, is one of four finalists in the Tim Hortons Duelling Doughnuts competition, as chosen by 90210 actor Jason Priestley, musician Jann Arden, TV personality Ben Mulroney and pastry chef Anna Olson. The winner will be determined by the public. Consumers can vote for their favourite on duellingdonuts.ca until Aug. 27. The other finalists are The Lumberjack, created by Judd Mah of Edmonton, The Love Reese's To Pieces, created by Jennifer Brown of Glencoe, Ont., and The Ice Cream Sundae, created by Jennifer Veenvliet of Barrie, Ont. SADIYA ANSARI/THE CANADIAN PRESS

Changing direction?

BlackBerry forms new business unit

BlackBerry Ltd. has created a new business unit that will combine some of its most innovative technology and patent portfolio as the company focuses away from handheld devices.

The unit, BlackBerry Technology Solutions, will be headed by Sandeep Chennakeshu, former president of Ericsson Mobile Platforms and former chief technology officer of Sony-Ericsson. THE CANADIAN PRESS

Market Minute

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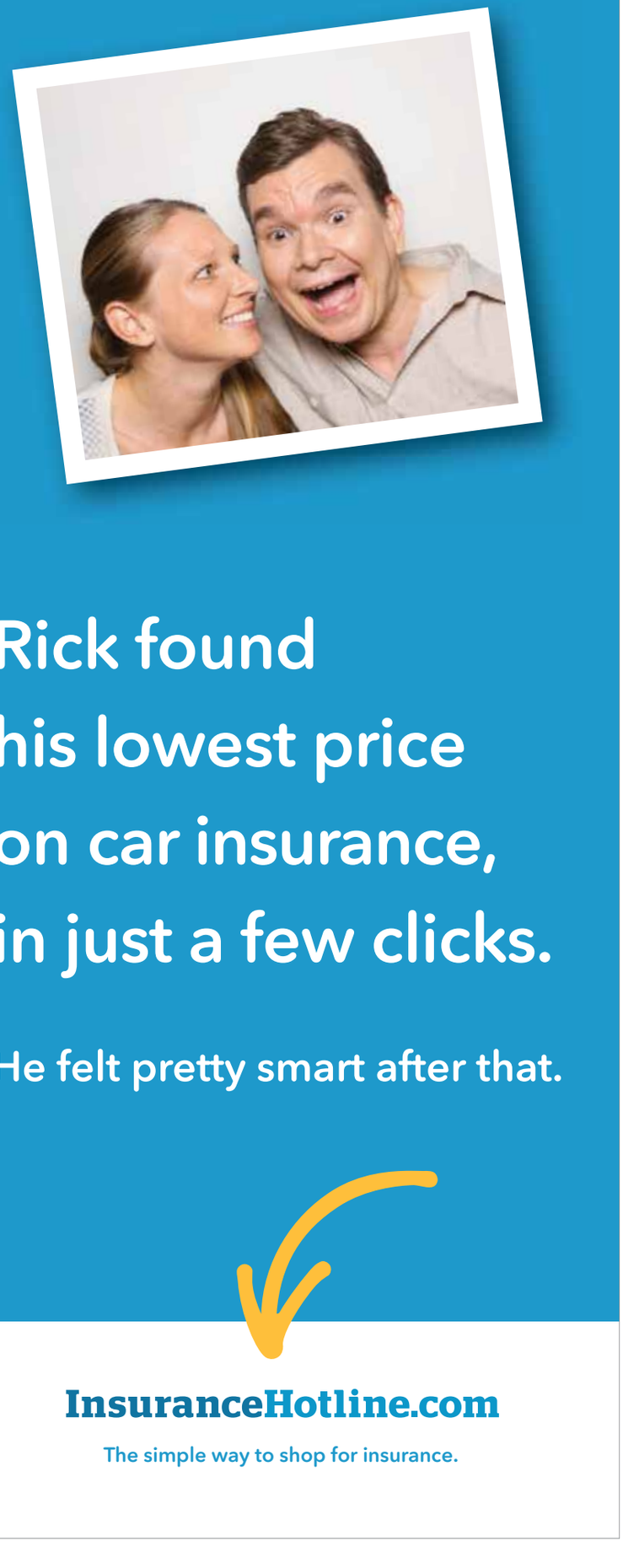

TOO SOON TO START COUNTING MY EGGS?

SHE SAYS

Jessica Napier
metronews.ca

On Sunday I celebrated my 29th birthday. I am officially on the very last rung of the twenty-something ladder. I spent the entire weekend eating, drinking and rejoicing the fact that I was turning "not 30."

I also happen to share my birthdate with a dear friend's baby boy, which is why I found myself sipping sangria at his first birthday party on Saturday afternoon, in a room full of tiny humans who count their age in months rather than years. I marvelled at the group of men and women casually clutching their infants in one arm and a beer in the other. It was a strange realization that these parents — who were discussing day-care options while getting day-drunk — were all my age.

Being surrounded by adorable and surprisingly well-behaved babies for an afternoon didn't exactly make me broody for one of my own right away, but it did make me wonder when I might start to feel that maternal instinct kick in.

When it comes to the ideal childbearing age, I'm not quite over the hill, but I'm definitely past my prime. Most doctors agree that a woman's fertility peaks in her early to mid-twenties and starts declining soon after. Getting pregnant in your younger years lowers your chance of miscarriage and increases the likelihood of giving birth to a healthy baby. At 35 and beyond, women are six times more likely to have conception issues or pregnancy complications than those 10 years younger.

But getting pregnant and being a parent are two very different concepts. Our bodies might be ready for a baby as soon as we hit puberty, but we mature mentally and emotionally at very different rates.

Just because it's physiologically possible doesn't mean you're psychologically (or financially) ready for the drastic shift in priorities that come with bearing and raising another human being. There will always be personal and professional sacrifices involved; you'll have to put a fulfilling career on pause to go on maternity leave and give up the Pilates body you've spent years sculpting, even if it's just temporarily.

I know there's no perfect time to start a family and, for now, I'm happy to attend baby birthday parties as the token childless friend. But when I read scary statistics about infertility rates in older women, I find myself wishing that I could re-calibrate my biological clock to keep time with my current lifestyle.

Sometimes I worry that if I continue to refill my birth-control prescription each month and wait for a time when I feel completely ready, I'll miss my chance.

I have to wonder how long I have left until my window of opportunity closes and I'm forced to pursue potentially painful and expensive alternatives with no real guarantees of success.

In some ways, it's almost a good idea for a woman to start trying to get pregnant before she's actually ready, in order to ensure she is even capable of conceiving.

Perhaps all this panic is a bit premature on my part. But as I enter my 30th year I know it's something I have to start thinking about, even if it just means incorporating a few folic acid pills into my morning routine.

Haunted by her face

In this 1994 photo captured by William Castellanos, a young girl looks pensively out from a wooden raft.
WILLIAM CASTELLANOS/THE ASSOCIATED PRESS

Photographer still wonders about fate of mystery Cuban raft traveller

In this photo, a girl crouches on a wooden raft, surrounded by solemn men. Her dark eyes stare intently at the camera. A few wisps of her hair float in the breeze.

In a moment, she will be pushed out to sea.

William Castellanos snapped the black and white photo in August 1994 when he was an art student in Havana, capturing the moment when 35,000 Cubans took to the sea in makeshift rafts.

Twenty years after President Fidel Castro encouraged a mass exodus from the island, the images still trouble him.

Did the rafters make it, or did their flimsy vessels break apart in the turbulent, 145-kilometre Florida Straits?

Do they have busy lives and jobs and families now? Or are his photographs the last testament of their existence?

"For me, this is a very difficult photographic record," Castellanos says. "Maybe I have the only, or maybe the last, picture of that person."

Online

Castellanos created the website exodus94.com, which includes numbered close-ups of the 85 people he is trying to locate.

Especially, he wonders about the girl.

"Maybe today she is a woman," Castellanos wonders. "Maybe she has children. I don't know where she is just now, but this is a face that haunted me."

THE ASSOCIATED PRESS

METRO AUGMENTED REALITY

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metro AR

In this issue, you can find AR enhancements on page 17 in Scene, page 19 in Life and page 25 in Sports.

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metro AR

MetroTube

Have you ever seen a panda bear propose to a maiden so fair?

ANDREW FIFIELD
andrew.fifield@metronews.ca

Listen: it's become clear that there's a stunt marriage-proposal arms race going on, and a lot of folks are just trying to keep their heads above water as these high-concept ring deliveries continue to escalate. That's how we have ended up with a romantic Russian panda-handling a pair of "thugs" who were harassing his (spoiler) now-fiancée with all the menace and plausibility of an early '90s WWE jobber. But they ARE an adorable pair, so consider our hearts warmed. (Camapa Online/YouTube)

SCREENGRAB

metro

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Fassbender finds the fun in papier mâché

Frank. Actor says donning giant mask heightened his sense of mayhem and mischief in new role

NED EHRBAR
Metro World News in Hollywood

As the titular Frank in Frank, Michael Fassbender plays a reclusive, eccentric musician who can only deal with the world from within a large, cartoonish papier mâché head. You'll just have to take him at his word that it's him under there the whole time, but we believe him.

How do people know it's actually you under the head for the entire film?
They don't. Well, I mean, if you look closely at my hands and stuff you can see it's me. There was supposed to be a couple of scenes where a double would be used because in terms of our scheduling it was overlapping with something else for me, but I ended up doing those as well. I ended up doing it all.

What stands out most about performing underneath a giant papier mâché head?
It was just a lot of fun. By putting the head on, I definitely increased my sense of mischief and anarchy. Sometimes wearing the head just standing there looking at another cast member, they're looking at me going, 'What's he thinking? Is he asleep in there?' There's a lot to play with. And we found after a while that the audience starts to project emotions or opinions or what they think Frank is thinking onto the mask, so it becomes an interesting interaction between the audience and the mask.

Frank is currently screening in select markets across Canada. CONTRIBUTED

There's this notion in the film of being envious of artists with terrible childhoods. Did you experience any of that growing up?
Absolutely. I think definitely when I was at drama school I thought the torture and the pain is necessary to gain any quality, like somehow you had to put yourself through that in order to get an end result. I don't believe that anymore, but I do believe that you've got to put a lot of work in. Talent is one thing, but work ethic is something else. I've seen plenty of talented people not work because of perhaps their misunderstanding of timing and being prepared and being ready when the opportunity comes.

Speaking of, you've been doing a wide range of film projects. Is that part of a general plan, or just seizing what opportunities present themselves?
Yeah, really kind of the latter. What I try and do is I try and do different things. I try not to repeat a character as best as possible. There are obviously limitations, and I start to repeat myself anyway, but to try to pick as diverse characters as possible to keep that to a minimum.

AUGMENTED REALITY

→ Yes, that's Michael Fassbender under there. Scan this photo with your Metro News app to watch the trailer for Frank!

metro AR

→ See the full instructions on Metro's Voices page.

DVD review

The Amazing Spider-Man 2

Director. Marc Webb

Stars. Andrew Garfield, Emma Stone

The Amazing Spider-Man 2 wears its goofiness like a big smiley-face button, brazenly counting on character appeal to carry a story both dopey and mopey. Darned if the strategy doesn't succeed, but just barely. The rebooted Marvel Comics movie franchise still needs to convince us that a redo of Sam Raimi's relatively recent Spider-Man trilogy was necessary. This latest blockbuster assault wins us over, or wears us down, by dint of fine actors who are enjoying themselves, in a film that thankfully doesn't take itself too seriously. Adorable real-life couple Andrew Garfield and Emma Stone lead the charm offensive, as good guy Peter Parker/Spider-Man and his occasional gal Gwen Stacy. Yang to their yin are a couple of well-cast newcomers, both connected to evil über-firm Oscorp: Jamie Foxx as the accident-prone electrical engineer who transforms into the energy-hurling supervillain Electro; and Dane DeHaan (Chronicle) as the bratty corporate heir. If returning director Marc Webb had left it at this, he'd have a stronger film. PETER HOWELL

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Jennifer Lawrence ALL PHOTOS GETTY IMAGES

Is Chris Martin going back to the start with help from Hunger Games honey?

You're probably still really confused about the whole Jennifer Lawrence dating Chris Martin thing. But U.K. paper the Sun is on the case, getting word from an anonymous source that Martin digs Lawrence because she's the opposite of Gwyneth Paltrow. This source doesn't pull any punches, apparently.

"Jennifer is loads of fun and they can't stop laughing when they are together. Chris feels he is dating someone who has everything he's been missing out on in the past 11 years," the source says. "Jennifer doesn't take herself too seriously, and when she is not filming, she just wants to hang out and have a good time."

But here's the thing: No one was curious as to why Martin would be attracted to Lawrence. She's Jennifer Lawrence, case closed. You got an anonymous source that can explain the other half of that equation?

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Pratt was once plucked out of Scooby Doo van obscurity

NED EHRBAR
Metro in Hollywood

Chris Pratt's campaign to melt the hearts of all he encounters continues. The Guardians of the Galaxy star recently posted a photo of himself from his days of being down-and-out in Hawaii, standing next to the Scooby Doo-emblazoned van he used to call home. "Can't believe I found this picture," he wrote on Facebook. "That is the van I lived in! In my hand is the script for the movie that got me out of Maui. Crazy." Pratt previously told the Independent that he bummed around Maui working as a waiter at the Bubba Gump Shrimp Company before breaking into Hollywood.

Justin Bieber

Justin time to go viral: He's taken a picture, and it hasn't lasted long

Justin Bieber still doesn't seem to understand that the Internet is forever. Following his well-worn habit of posting and then quickly deleting photos, Bieber uploaded an Instagram snap of himself and on-again, off-again girlfriend Selena Gomez clearly on again, with Gomez in Bieber's arms giving him a kiss on the cheek. The attached caption? "Right now everything else is a blur." Speaking of blurs, the Beebs took the photo down just as fast, but not before it could earn 216,553 likes — which, to be fair, is pretty low for Bieber.

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Moves that will fit you to a Tai Chi

Make a stand.
The song may say everybody was Kung Fu fighting, but, as it turns out, it may be Tai Chi that's the martial art full of health benefits

DEAN LISK
Metro in Toronto

Personal trainer Grant Jennings performs a Chen-style Tai Chi movement.
ALL PHOTOS AND AR VIDEO BY ELIZABETH BEDDALL

AUGMENTED REALITY

→Scan this photo with your Metro News app to see Grant Jennings perform the first five movements of Chen ZhaoKui Inner Family Big Frame Tai Chi, which he learned from Eric Tuttle at Wind Chases the Moon Martial Arts.

metro AR → See the full instructions on Metro's Voices page.

At first glance, Tai Chi looks like you're moving at a tortoise-pace, or someone accidently hit the slo-mo button, but take a closer look. It is more beneficial than it seems. Check out those bent knees and straight up-and-down spine; it's like a constant squat, held for minutes at a time.

"Not all exercise needs to be explosive and leave you in a pool of sweat," says Grant Jennings, a personal trainer who teaches a Chen-style Tai Chi class at the St. Clair location of Goodlife Fitness in Toronto.

"Don't think of it as someone moving slowly, but like someone wringing out their body like a washcloth. Or someone pumping all the blood and lymph to their tissues and getting oxygen and nutrients into their blood and into their muscles."

Sure, the misconception is that Tai Chi is for older people, but Jennings' clients range in age from 20 to 80. And they are all benefitting in different ways from this martial art developed in the 1600s.

Remember that up-and-down spine? Try to keep that sense of verticality as you balance on one leg, slide on the ball of your foot across the floor, spiral your hands, create a relaxed fist or keep your body feeling loose but powerful at the same time.

Tai Chi is full of detail upon detail upon detail. Tall order, but easily learnable.

"The Chinese have a saying: Cobwebs don't form in a busy doorway. Tai Chi is a full-body exercise where not just one part of the body moves, the whole body moves. The whole body is that doorway."

Tai Chi is defensive, says Jennings. From its roots centuries ago as a way for Chinese peasants to protect their crops from marauders, studies have found that it — as well as being a good tool for self-defence — also enriches everyday life.

"It is learning to protect your body from a variety of attackers; whether they are germs and microbes, those attackers could be someone trying to take your wallet," says Jennings. "For someone working to boost their immune system, there are lots of stories of people who take up Tai Chi practices and never getting a cold again."

He adds it is good for removing tension, easing joint pain, increase circulation and cardiovascular benefits. Tai Chi can be done as a standalone exercise, or as part of a larger exercise plan that includes resistance training and cardio. For people who feel that they don't have enough energy to work out, Tai Chi can give you that energy and help you get off the couch to enjoy more activity.

"It is one of the best cooldowns that you can be doing," says Jennings. "During a workout, your cortisol levels will rise, and it can be a problem trying to develop muscles if those levels don't come back down. This is where Tai Chi can help; it is a chance to rebalance the hormones and set your body up for rest and growth."

Looking for a stress release you can do at the office? Visit metronews.ca to see a video of Grant Jennings demonstrating an exercise which will help you feel more energized.

Getting started: Outward Silk Reeling

"Silk reeling is like the vocabulary of Tai Chi," says Jennings. The movements in this exercise are some of the basic "words" used in Tai Chi to create larger "sentences," called forms. "It's the entry point, it's the playing around with words before you can make a sentence on your own." This is also good as a warm-up for other forms of exercise.

Stand with your legs shoulder-width apart and your knees slightly bent. Place your hands mid-chest. With your palms facing left, keep your left hand above and slightly in front of your right hand.

Turn your waist toward the left by putting your weight into your right leg. Then change position of your hands so the right hand is above and slightly in front of the left. Your palms should now be facing right.

Now turn your waist toward the right, putting the weight into your left leg. Then switch your hands again so your left hand is on top and both palms are now facing left. Repeat the movements.

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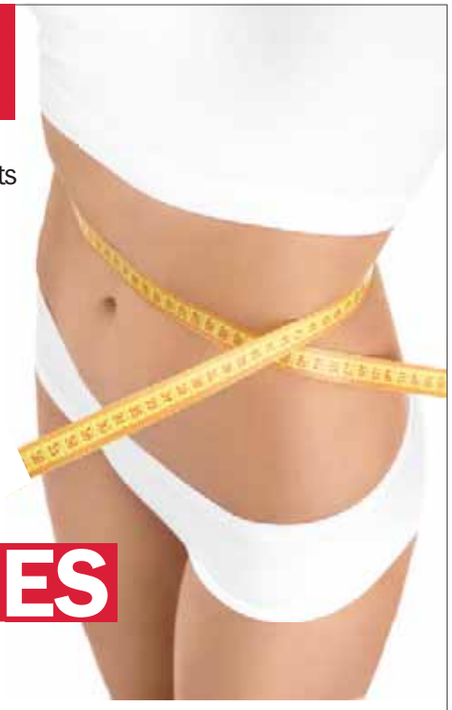

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1- Green tea extract reduces body fat in humans. Nagao, Hase and Tokimitsu, Obesity, 2007,

Edible insects

Bugs may be nutritious, but are they delicious enough to eat?

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

Are insects the new energy food?

Before you recoil in disgust, you need to read this. As reported in the September issue of Best Health magazine, crickets, mealworms and other creepy crawlies really could become a common food ingredient in the future. (The topic is to be the focus at an upcoming conference in Montreal, Aug. 26-28, called Eating Innovation: the Art, Science, Culture and Business of Entomophagy.)

As Melissa Greer writes in Best Health, while the idea may be tough to get your head around, it's not that far-fetched: At least two billion people worldwide eat insects regularly, according to a 2013 United Nations report. Insects could one day be a staple food, given an ever-growing population plus a projected future shortage of the water needed for crops and livestock.

Many edible insects — beetles, caterpillars, ants, grasshoppers and crickets, to name a few — are rich in protein and good fats, and high in iron. You could call them the perfect nutrition bar — and in fact, we found two examples: Chapul and Exo. Both of these U.S.-based companies promote their cricket bars as earth-friendly, since crickets can be grown using far less water compared to, say, beef cattle.

And Exo notes that crickets have more than double the percentage protein of chicken. Chapul's are made from baked crickets ground into a powder and mixed with ingredients such as dates, cocoa, honey and oats. Exo's, also made with cricket flour, are free of gluten, grains, soy and dairy.

Do you dare to try them? Has it really come to this?

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APOTEX ADVANCING GENERICS

Summer days call for easy eats

Skillet Chicken.

This recipe allows you to use your fave frozen veggies in any combination possible

THERESA ALBERT
myfriendinfood.com

This recipe serves four. THERESA ALBERT

This meal comes together in a flash with barely the basics from the fridge. It is a foolproof, adaptive formula that can be cooked on the stovetop, stuffed into the oven or the whole skillet can go on the barbecue. Just about any frozen veg does the trick, mix 'em up if you have to. Any mustard flavour, and any jam or jelly works, water or broth can substitute for wine. You really can't mess this one up. It is your go-to "cook's night off" solution.

Ingredients

- 4 boneless skinless chicken breasts
- 1 tsp Italian seasoning
- salt and pepper
- 1 tsp grapeseed oil
- 2 red peppers, sliced
- 4 cups frozen broccoli
- 1 tbsp grainy mustard
- 2 tbsp red pepper jelly
- 1/4 cup white wine
- 1 tsp butter

1. Rub the chicken breast with the Italian seasoning, salt and pepper as you warm a cast iron skillet.

2. Add oil and brown chicken breasts on both sides for 2 minutes.

3. Add red peppers and stir for two to three minutes. Stir in broccoli.

4. Stir in mustard and red pepper jelly, cover and allow to cook through for 10-15 minutes.

5. Pour the white wine into the mixture, add butter and simmer for 1 minute to finish.

Health Solutions

Fresh isn't always best

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Summer suppers can sometimes sneak up and surprise you after being out enjoying the day. Those last-minute meals rely heavily on pantry and freezer ingredients that need assembly rather than cooking. What you really want are foolproof and nourishing ingredients at the ready that can be ignored and then served. Here are some ideas:

Frozen shrimp or other cooked fish

- Cooks in minutes and great for stir fries.
- Cook 1/2 cup whole wheat pasta per person. Drain. In a skillet sauté for four minutes: 1/2 cup scallops/shrimp per person, 1 cup frozen peas per person, 1 tsp extra virgin olive oil per person, 1 tbsp Parmesan cheese. Add the cooked pasta and mix.

Frozen Brussels sprouts

- Steam and toss with dill.

Frozen broccoli

- Simmer 2 cups of broccoli and 1 potato in 1 quart of broth. Purée to soup consistency. Stir in 1 tbsp Parmesan cheese.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

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Bring your business cards

- Summertime may have a carefree vibe, but that doesn't mean you should forget about opportunities to exchange valuable contact information.
- Even when you go outside to walk your dog at 6 a.m., you never know who you might meet. So carry a business card or two at all times, just in case.

Schmooze in the sand

A little business while you bake. Do your best to network during summer social situations

VICKI SALEMI
Metro World News

You may be sporting a pair of shorts rather than a suit and tie, but you should still try to look put together. ISTOCK

Long summer days inspire relaxation — there's less pressure to attend professional conferences and local chapter events in the spirit of networking. Just because more formal opportunities to make new contacts are pretty limited during the hotter months doesn't mean you can't get your networking game on in other ways. Sure, the game has changed somewhat, but the rules haven't. Here are some tips:

Be yourself

Whether you're in an intramural softball league or waiting for court time at your local sports centre, there are endless opportunities to strike up a conversation. Simply be yourself! Focus on why you're there and talk about the game or venue as an icebreaker.

Normally you would probably approach someone at a mixer asking how they know the host or what they do for a living, so in this case you can keep things relaxed and start by asking about their game and their team, and then as an afterthought, toss in, "Oh, by the way, what do you do for a living?" Get to know people as people first and their occupation second and introduce yourself in this spirit, too. It's more fun that way.

Let me introduce myself

Even if you're not pounding the pavement for a new job, you never know where a new conversation may lead.

Have your elevator pitch at the ready

You never want to sound canned, but you should always be ready to succinctly pitch yourself. It's not so much the words, but how you say them. What's your energy level like? What's the other person's body language like in reaction to your summary? Are they bored or intrigued?

Look put together

Even when you're at the beach, you can still pull it off. Keep it simple and consistent: Avoid dressing sloppily, keep the torn clothing or wrinkled outfits where they belong — on the ironing board. Remember, your new contacts are in the same situation and in casual gear, too, so it's completely normal to have a conversation that heats up into specific industry lingo. Give yourself a break if it is scorching out, though.

Enjoy the energy

Revel in the splendour of the season, enjoy not being in a stodgy conference room wearing a conservative suit. But even if you're not pounding the pavement for a new job, you never know where a new conversation may lead. So, the next time you're strolling along a beach boardwalk, take a break from that smartphone and meet some new people.

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Making cooking her bread and butter

The founder of your feast. Chef-preneur Angel Coutre has found success in things soulful

TAKARA SMALL
Metro News in Toronto
@takarasmall

Angel Coutre always knew she wanted to be a chef and decided to start her own business so she could share her culinary skills with prospective clients.
CONTRIBUTED

From The Food Network's Guy Fieri to expletive-spewing Gordon Ramsay, the evolution of everyday cook to chef-preneur has been well documented in recent years thanks to reality television.

For those like Angel Coutre, who tire of life behind the stove and desire an empire all their own, the lure of a startup food business can be hard to resist.

"The thought of having my own business was always there. I quit my job as a supervising chef to move to California, but I ended up coming back home," she says. "I worked a few odd jobs, learning a lot along the way and eventually I conquered my fear and entered the unknown."

The 29-year-old is the owner and head chef of Soul 2 Go, a catering business that specializes in unique interpretations of down-home, Southern-style comfort food as well as customized menus, has spent most of her life chopping, grilling and souffléing. Only in recent years, however, has she turned her talents to business.

"I've been cooking all my life. I grew up cooking meals with my aunt for my family pretty much my entire childhood, and when I turned 24 that's when I decided that I would turn my hobby into my career," she says.

After racking up positions at some of Toronto's most well-known establishments such as Copa Cabana and Museum Tavern, opening up her own business in the city only made sense.

Despite a day that begins in the early morning browsing Kensington Market for fresh ingredients, and that often ends long after most have gone to bed, the George Brown graduate has no regrets about the personal sacrifices she's made for the business that launched in January 2013.

"The best part about my job is seeing the satisfaction on a guest's face after eating one of our dishes. Their enjoyment makes all the hard work worthwhile."

Neighbourhood nosh

"The best part about my job is seeing the satisfaction on a guest's face after eating one of our dishes."
Angel Coutre
Founder of Soul 2 Go

Her business keeps her incredibly busy, she admits. Cooking is only part of her complex job that includes straddling roles as a boss and cook and means overseeing one sous-chef and two prep cooks while working constantly on the next menu.

She's proud to explain that her meals run the international gamut, from portobello and roasted red pepper risotto to chicken sliders with Cajun sweet potato fries to deep-fried cheesecake with strawberry, blueberry and mango compote.

"A lot of my inspiration for my recipes comes from all around the world. I travel a lot and I'm very nosy so whenever I go anywhere where they are serving something I've never tried, I always ask questions."

For those who hope to follow in her footsteps she believes it's worthwhile to invest in yourself.

"You do what you want, when you want," she says.

"Being self-employed was overwhelming in the beginning, but in the end, I feel that the benefits far outweigh the costs."

Feeling hungry?

Go online to metronews.ca/mom-and-pop-shops to find out how to make Angel's signature Mango Tango Salad and vegetarian stir-fry.

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Bennett not giving in to trade rumours

NBA. Cavaliers forward from Brampton says he's focused on rebounding from a disappointing season

Reports suggest the Cavaliers will trade Anthony Bennett to the Timberwolves. JOHN LOCHER/THE ASSOCIATED PRESS

It has been an unusual summer, to say the least, for two of Canada's top young basketball players.

Andrew Wiggins and Anthony Bennett have been front and centre in off-season NBA talk, with the Cleveland Cavaliers expected to send them to Minnesota with a first-round pick for all-star forward Kevin Love.

The reported deal can't be consummated until Aug. 23, when Wiggins is eligible to be traded.

Wiggins, the No. 1 overall pick last June, deftly danced around questions about his future when he returned to his hometown of Vaughan last week to shoot a commercial.

It was Bennett's turn Monday as he attended the opening day of the NBA Americas Team Camp at the Mattamy Athletic Centre. The sophomore forward from Brampton wouldn't bite when asked about the reported deal, but said he has kept in touch with Wiggins over the past few weeks.

"We've been going back and forth a lot," Bennett said. "I know he's busy so I don't really try to hit him up too much. But he said he's working too. So there's not much we can do, you know."

Bennett was drafted first overall by the Cavaliers last year but struggled in his rookie campaign, averaging just 4.2 points and 3.0 rebounds a game in limited action.

He has dropped some weight over the last few months and was impressive in summer league play. Bennett said he learned a lot over the last year and is determined to come back strong next season.

"I can fight through adversity," Bennett said. "It wasn't the best of seasons for me. I will admit that. Fighting the injuries and just the way things were, just never really made me give up. I always just stayed in the gym."

Bennett, 21, could officially become a member of the Timberwolves by the weekend, but you'd never know it by listening to his five-minute media scrum.

The questions kept coming and Bennett politely answered without revealing much of anything.

So, is he paying attention to the big date looming on Saturday?

"I have no idea about that," he said. "I've just been pretty much working myself. I'm just trying to get ready for the season." THE CANADIAN PRESS

Quoted

"I'm just a young man that's ready to work. Wherever I end up, it doesn't really matter to me. I just want to play basketball." Anthony Bennett

Maple Leafs

Nylander signs entry-level deal

The Toronto Maple Leafs have signed first-round draft pick William Nylander to a three-year entry-level contract.

The forward was selected eighth overall by Toronto at the NHL draft in June.

Nylander is the son of former NHLer Michael Nylander. THE CANADIAN PRESS

MLB

Blue Jays claim Hague off waivers

The Toronto Blue Jays have claimed first baseman Matt Hague off waivers from the Pittsburgh Pirates.

Hague, 28, has spent the majority of the season with triple-A Indianapolis, batting .267 with 14 home runs and 67 runs batted in in 93 games and earning an International League all-star selection. He will report to the Buffalo Bisons. THE CANADIAN PRESS

Pan Am Games

Early access period for ticket requests begins Sept. 15

The early access period to request tickets for next year's Pan Am Games in Toronto will begin Sept. 15.

Organizers will use a lottery system for high-demand events to ensure fans have equal access to tickets. There will be over 400 ticketed events for the July 10-26 Games and almost 1.4 million tickets will be available.

THE CANADIAN PRESS

Mexicans send Australians packing

Australia's Blake Monaghan scores under the tag of Mexico catcher Gabriel Heredia during an international elimination baseball game at the Little League World Series on Monday in South Williamsport, Pa. Mexico won 6-2 and will face Venezuela on Tuesday afternoon. Scan the image with the Metro News app for the best photos from the tournament. MATT SLOCUM/THE ASSOCIATED PRESS

Nadal to skip final Grand Slam of year

Injury. Tennis star blamed his withdrawal on a bad right wrist

Reigning champion Rafael Nadal pulled out of the U.S. Open because of an injury for the second time in three years Monday, leaving Novak Djokovic and Roger Federer as the men to beat at the year's last Grand Slam tournament.

Nadal announced his withdrawal, blamed on a bad right wrist, one week before play begins at Flushing Meadows.

"I am sure you understand that it is a very tough moment for me since it is a tournament I love and where I have great memories from fans, the night matches, so many things," a posting on Nadal's Facebook page read. "Not much more I can do right now, other than accept the situation and, as always in my case, work hard in order to be able to compete at the highest level once I am back."

Rafael Nadal
THE ASSOCIATED PRESS

The second-ranked Nadal plays left-handed, but he uses a two-handed backhand.

The 14-time major champion was hurt July 29 while practising on his home island of Mallorca ahead of the North American hard-court circuit. The next day, Nadal announced he needed to wear a cast on his wrist for two to three weeks and would be sitting out tournaments in Toronto and Cincinnati.

The 28-year-old Spaniard also said at that time he expected to return for the U.S. Open.

Instead, he's the fourth man in the Open era, which began in 1968, to decline to try to defend his U.S. Open title. The others were Ken Rosewall in 1971, Pete Sampras in 2003 and Juan Martin del Potro in 2010. Del Potro also is out of this year's U.S. Open after wrist surgery in March.

Nadal is 44-8 with four titles in 2014, including his record ninth French Open trophy in June. He has not competed since losing in the fourth round of Wimbledon on July 1. THE ASSOCIATED PRESS

New ownership. Energetic Steve Ballmer debuts as L.A. Clippers' owner

Sweating, clapping and shouting until he was nearly hoarse, Steve Ballmer introduced himself to Los Angeles Clippers fans at a rally on Monday celebrating his new ownership of the NBA team.

The former Microsoft CEO made his way through the crowd inside Staples Center to Eminem's Lose Yourself, exchanging high-fives and chest-bumping as he took the stage in front of 4,500 fans.

Ballmer paid a record $2 billion for the team in a sale that was confirmed by a judge last week. The name of disgraced former owner Donald Sterling, who controlled the team for 33 years before being banned for life by the NBA for racist remarks, was never uttered during the rally.

Quoted

"We're going to be bold. Bold means taking chances."
Los Angeles Clippers owner Steve Ballmer

"We're looking forward," Ballmer proclaimed, having removed his blue Clippers hat. "Everything is about looking forward."

Ballmer's fervour was in stark contrast to Sterling, who never spoke to the media and was famously frugal when it came to spending on the team during decades of losing — despite having amassed a fortune through real estate.

"Today is about this other guy who just happened to have two billion dollars in his pocket," coach Doc Rivers joked on stage. "I asked him, 'Are you sure it went through?' and he said, 'I know my bank account is minus two billion, so I know something went through.'"

Ballmer gave out his email address during the televised rally and was quick to assure fans he won't move the team to Seattle, where he's lived for 34 years.

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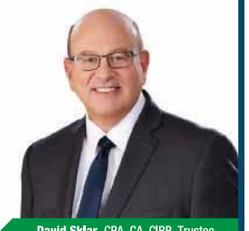

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Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

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→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
Even if you are determined to be on good terms with everyone, you will still find it difficult to get along with one particular individual. Face it, you are so far apart that friendship is highly unlikely.

♉ Taurus
April 21 - May 21
You are being pulled between two extremes, making it difficult to make up your mind. Only you can decide, but you must do it quick.

♊ Gemini
May 22 - June 21
Some people love making drama out of things that are not even remotely a crisis. All you can do is to keep your distance.

♋ Cancer
June 22 - July 23
There is no point being careful all of the time but if you go too far, you may regret it. If a loved one warns you are too close to the edge, take heed and rein yourself in.

♌ Leo
July 24 - Aug. 23
Your mind is overflowing with big ideas and you can't wait to get started. But there could be a better opportunity heading your way. Don't miss it.

♍ Virgo
Aug. 24 - Sept. 23
Your first instincts are usually right, so trust them and refuse to change what you are doing just because others are having second thoughts.

♎ Libra
Sept. 24 - Oct. 23
With Mars moving through one of the more materialistic areas of your chart, jump at the chance to move up in the world over the next few days.

♏ Scorpio
Oct. 24 - Nov. 22
You may want to show you can manage on your own but today's challenges are likely to be severe, so make sure you have back-up from friends and family.

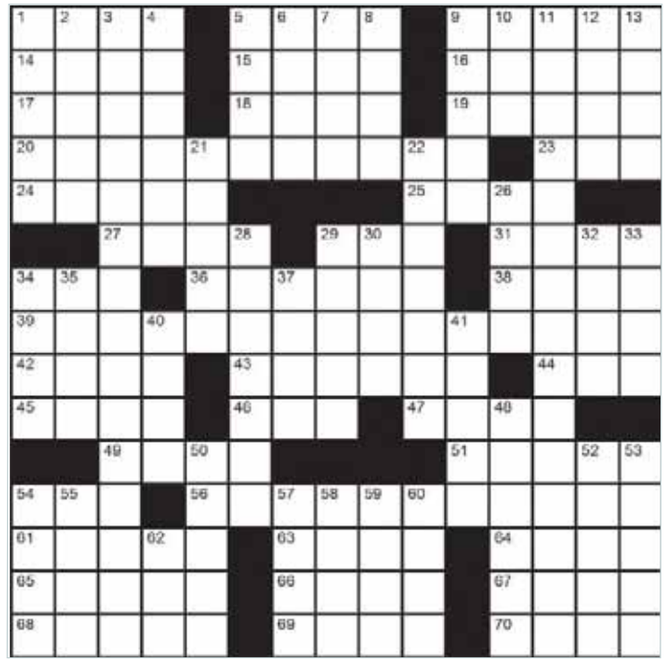
♐ Sagittarius
Nov. 23 - Dec. 21
These are exciting times for you but there is a danger you could burn yourself out, especially if you focus all your energy in a single direction.

♑ Capricorn
Dec. 22 - Jan. 20
Someone will rub you the wrong way today and you may find it hard to control your temper. Keep doing what you are doing. That will really annoy them!

♒ Aquarius
Jan. 21 - Feb. 19
Focus only on things that excite you physically and emotionally over the next few days. Some will say you are expecting too much of yourself but, if anything, you are not expecting enough.

♓ Pisces
Feb. 20 - March 20
The intensity of your feelings over the next 24 hours could easily make you do something silly, so think before you act and act only if you have to.

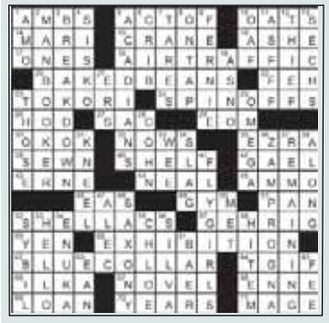
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. Mob boss
5. __ Place, Butch Cassidy and the Sundance Kid
9. "Yabba-__-Doo!" - Fred Flintstone
14. Ms. Poehler's
15. Hammer-wielding superhero
16. Edmonton player
17. Diamond's rainy day covering
18. Regarding [abbr.]
19. Destroy
20. Winnipeg-born Olympian who is a spokesperson for Bell's Let's Talk initiative, 2 wds.
23. Comic Louis, et al.
24. Brawny blokes
25. Added benefit
27. "_ __ what..." (Popeye's credo)
29. Lab subj.
31. "_ __ where wide the golden sunlight flows..." - Richard Watson Gilder
34. Repetitive hand-washing, e.g.
36. School grounds
38. RCN rank
39. VIA vehicles: 2 wds.
42. Theatrical gadget
43. Harry Chapin's "Cat's in the __"
44. Fitness system, __ Bo
45. Umpire's call!
46. Jerusalem's li'l land
47. Per person/piece
49. Mr. McGregor
51. Survives
54. Good __ (Nice person)
56. What step dancers dance to: 2 wds.
61. Cheater's date
63. Lily variety
64. Sonny's duettist
65. Currency of India
66. Tiny
67. Man, in Milan
68. Go in
69. De-gorged gum
70. Accelerated

Down
1. Outfielder's feat
2. "I Was _ __ War Bride" (1949)
3. Ancient royal tombs: 3 wds.
4. Nova Scotia's provincial bird
5. Engrave
6. Archaic pronoun
7. "It's All Gone Pete __" (2004) ... see #9-Down for more!
8. Aqueduct attribute
9. Michael __ (London, Ont. born director)
10. Lungs' longing
11. Morrisburg ON: One of the 1860s buildings in Upper Canada Village: 2 wds.
12. 'Odelay' singer/songwriter
13. Sacred chests
21. Has __ __ up one's sleeve
22. New Testament letter
26. Cabo da __, Portugal
28. "Moon River" composer Henry
29. Asparagus piece
30. Bean __ (Tofu)
32. Writer Ms. Ferber
33. Celtic language
34. Antonyms [abbr.]
35. "__ Mia" by Jay & The Americans
37. Dept. heads
40. Emulate Etna
41. Kingdom
48. Political meeting
50. Following
52. "I hope this doesn't __ __ up now." ...said the on-schedule person
53. Boston seafood dish
54. Peut-__ (Maybe, in Montreal)
55. Green: German
57. Hydro projects
58. Tap trouble
59. Moon goddess
60. Discharge
62. Envision

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

9	1				2	3		
5			3	1				7
					6	4		
		9		8				5
	6						7	
4				3		8		
		4	8					
3				9	7			1
		2	1				8	9

Yesterday's Sudoku

6	8	2	1	3	7	4	5	9
3	1	5	6	4	9	7	8	2
9	7	4	2	5	8	6	1	3
1	3	8	7	2	4	9	6	5
4	5	9	8	1	6	3	2	7
2	6	7	5	9	3	8	4	1
7	4	1	3	6	5	2	9	8
8	2	6	9	7	1	5	3	4
5	9	3	4	8	2	1	7	6

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For the latest information, visit us at chevrolet.ca, drop by your local Chevrolet Dealer or call us at 1-800-GM-DRIVE. ***Freight & PDI ($1,550/$1,550/$1,600/$1,600/$1,600/$1,600/$1,600/$1,600/$1,600/$1,600/$1,600/$1,600/$1,600/$1,600/$1,600/$1,695/$1,695/$1,600), registration, air and tire levies and OMVIC fees included. Insurance, licence, PPSA, dealer fees and applicable taxes not included. Offers apply as indicated to 2014 new or demonstrator models of the vehicle equipped as described. Offers apply to qualified retail customers in the Ontario Chevrolet Dealer Marketing Association area only (including Outaouais). Dealers are free to set individual prices. Quantities limited; dealer order or trade may be required. Limited time offers which may not be combined with other offers. GMCL may modify, extend or terminate offers, in whole or in part, at any time without notice. Conditions and limitations apply. See dealer for details. **The 2-Year Scheduled Lube-Oil-Filter Maintenance Program provides eligible customers in Canada, who have purchased, leased or financed a new eligible 2014 MY Chevrolet, Buick, or GMC vehicle (excluding Spark EV), with an ACDelco oil and filter change, in accordance with the oil life monitoring system and the Owner's Manual, for 2 years or 40,000 km, whichever occurs first, with a limit of four (4) Lube-Oil-Filter services in total, performed at participating GM Dealers. Fluid top-offs, inspections, tire rotations, wheel alignments and balancing, etc. are not covered. This offer may not be redeemed for cash and may not be combined with certain other consumer incentives available on GM vehicles. General Motors of Canada Limited reserves the right to amend or terminate this offer, in whole or in part, at any time without prior notice. Additional conditions and limitations apply. See dealer for details. ▲Whichever comes first. See dealer for limited warranty details. ‡‡Offer available to qualified retail customers in Canada for vehicles delivered between August 1, 2014 and September 30, 2014. 0% purchase financing offered on approved credit by TD Auto Finance Services, Scotiabank® or RBC Royal Bank for 84 months on all new or demonstrator 2014 Chevrolet vehicles, excluding Corvette. Participating lenders are subject to change. Rates from other lenders will vary. Down payment, trade and/or security deposit may be required. Monthly payment and cost of borrowing will vary depending on amount borrowed and down payment/trade. Example: $20,000 at 0% APR, the monthly payment is $238.10 for 84 months. Cost of borrowing is $0, total obligation is $20,000. Offer is unconditionally interest-free. Freight and air tax ($100, if applicable) included. Licence, insurance, registration, PPSA, applicable taxes and dealer fees not included. Dealers are free to set individual prices. Limited time offer which may not be combined with certain other offers. GMCL may modify, extend or terminate offers, in whole or in part, at any time without notice. Conditions and limitations apply. See dealer for details. ®Registered trademark of The Bank of Nova Scotia. RBC and Royal Bank are registered trademarks of Royal Bank of Canada. ∞Offer applies to eligible current owners or lessees of any model year 1999 or newer car that has been registered and insured in Canada in the customer's name for the previous consecutive six (6) months. Credit valid towards the retail purchase or lease of one eligible 2013, 2014 model year Chevrolet/Buick/GMC car, SUV or crossover and 2015 MY Chevrolet HD, Suburban, Tahoe, Traverse and GMC HD, Yukon, Yukon XL, Acadia and 2015 Buick Enclave and 2013 and 2014 MY Cadillac models delivered in Canada between August 1, 2014 and August 31, 2014. Credit is a manufacturer to consumer incentive (tax inclusive) and credit value depends on model purchased: $750 credit available on all eligible Chevrolet, Buick and GMC vehicles; $1,000 credit available on all Cadillac vehicles. Offer is transferable to a family member living within the same household (proof of address required). As part of the transaction, dealer may request documentation and contact General Motors of Canada Limited (GMCL) to verify eligibility. This offer may not be redeemed for cash and may not be combined with certain other consumer incentives. Certain limitations or conditions apply. Void where prohibited. See your GMCL dealer for details. GMCL reserves the right to amend or terminate offers for any reason, in whole or in part, at any time without prior notice. ∞∞ Offer applies to eligible current owners or lessees of any Pontiac/Saturn/SAAB/Hummer/Oldsmobile model year 1999 or newer car or Chevrolet Cobalt or HHR that has been registered and insured in Canada in the customer's name for the previous consecutive six (6) months. Credit valid towards the retail purchase or lease of one eligible 2013, 2014 model year Chevrolet/Buick/GMC car, SUV or crossover and 2015 MY Chevrolet HD, Suburban, Tahoe, Traverse and GMC HD, Yukon, Yukon XL, Acadia and Buick Enclave and 2013 and 2014 MY Cadillac models delivered in Canada between August 1, 2014 and August 31, 2014. Credit is a manufacturer to consumer incentive (tax inclusive) and credit value depends on model purchased: $1,500 credit available on eligible Chevrolet, Buick and GMC vehicles; $2,000 credit available on all Cadillac vehicles. Offer is transferable to a family member living within the same household (proof of address required). As part of the transaction, dealer may request documentation and contact General Motors of Canada Limited (GMCL) to verify eligibility. This offer may not be redeemed for cash and may not be combined with certain other consumer incentives. Certain limitations or conditions apply. Void where prohibited. See your GMCL dealer for details. GMCL reserves the right to amend or terminate offers for any reason, in whole or in part, at any time without prior notice.